



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 35176, Buffalo, free range, top round steak, cooked (Shoshone Bannock)**

**Report Date: May 31, 2017 02:35 EDT**

Nutrient values and weights are for edible portion.

Food Group : American Indian/Alaska Native Foods

**Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
<b>Proximates</b>				
Water <a href="#">1</a>	g	64.28	1	--
Energy	kcal	146	--	--
Energy	kJ	612	--	--
Protein	g	32.51	1	--
Total lipid (fat) <a href="#">1</a>	g	1.80	1	--
Ash <a href="#">1</a>	g	1.22	1	--
Carbohydrate, by difference	g	0.00	--	--
<b>Minerals</b>				
Calcium, Ca <a href="#">1</a>	mg	4	1	--
Iron, Fe <a href="#">1</a>	mg	3.76	1	--
Magnesium, Mg <a href="#">1</a>	mg	27	1	--
Phosphorus, P <a href="#">1</a>	mg	246	1	--
Potassium, K <a href="#">1</a>	mg	376	1	--
Sodium, Na <a href="#">1</a>	mg	41	1	--
Zinc, Zn <a href="#">1</a>	mg	5.06	1	--
Copper, Cu <a href="#">1</a>	mg	0.189	1	--
Manganese, Mn <a href="#">1</a>	mg	0.011	1	--
Selenium, Se <a href="#">1</a>	µg	10.5	1	--
<b>Vitamins</b>				
Thiamin <a href="#">1</a>	mg	0.169	1	--
Riboflavin <a href="#">1</a>	mg	0.462	1	--
Niacin <a href="#">1</a>	mg	7.020	1	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Pantothenic acid <sup>1</sup>	mg	1.010	1	--
Vitamin B-6 <sup>1</sup>	mg	0.794	1	--
Folate, total <sup>1</sup>	µg	8	1	--
Folic acid	µg	0	1	--
Folate, food <sup>1</sup>	µg	8	1	--
Folate, DFE	µg	8	--	--
Vitamin B-12 <sup>1</sup>	µg	1.67	1	--
Vitamin E (alpha-tocopherol) <sup>1</sup>	mg	0.59	1	--
Tocopherol, beta <sup>1</sup>	mg	0.00	1	--
Tocopherol, gamma <sup>1</sup>	mg	0.00	1	--
Tocopherol, delta <sup>1</sup>	mg	0.00	1	--
<b>Lipids</b>				
Fatty acids, total saturated	g	0.595	--	--
8:0 <sup>1</sup>	g	0.000	1	--
10:0 <sup>1</sup>	g	0.000	1	--
12:0 <sup>1</sup>	g	0.001	1	--
14:0 <sup>1</sup>	g	0.018	1	--
15:0 <sup>1</sup>	g	0.008	1	--
16:0 <sup>1</sup>	g	0.264	1	--
17:0 <sup>1</sup>	g	0.023	1	--
18:0 <sup>1</sup>	g	0.278	1	--
20:0 <sup>1</sup>	g	0.003	1	--
22:0 <sup>1</sup>	g	0.000	1	--
Fatty acids, total monounsaturated	g	0.614	--	--
14:1 <sup>1</sup>	g	0.002	1	--
15:1 <sup>1</sup>	g	0.000	1	--
16:1 undifferentiated <sup>1</sup>	g	0.026	1	--
17:1 <sup>1</sup>	g	0.000	1	--
18:1 undifferentiated	g	0.582	--	--
18:1 c <sup>1</sup>	g	0.525	1	--
18:1 t <sup>1</sup>	g	0.057	1	--
20:1 <sup>1</sup>	g	0.004	1	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Fatty acids, total polyunsaturated	g	0.171	--	--
18:2 undifferentiated	g	0.113	--	--
18:2 n-6 c,c <sup>1</sup>	g	0.082	1	--
18:2 t,t <sup>1</sup>	g	0.031	1	--
18:3 undifferentiated	g	0.029	--	--
18:3 n-3 c,c,c (ALA) <sup>1</sup>	g	0.029	1	--
18:3 n-6 c,c,c <sup>1</sup>	g	0.000	1	--
20:2 n-6 c,c <sup>1</sup>	g	0.000	1	--
20:3 undifferentiated <sup>1</sup>	g	0.009	1	--
20:4 undifferentiated <sup>1</sup>	g	0.020	1	--
Fatty acids, total trans	g	0.088	--	--
Fatty acids, total trans-monoenoic	g	0.057	--	--
Cholesterol <sup>1</sup>	mg	82	1	--
<b>Amino Acids</b>				
Tryptophan <sup>1</sup>	g	0.341	--	--
Threonine <sup>1</sup>	g	1.287	--	--
Isoleucine <sup>1</sup>	g	1.407	--	--
Leucine <sup>1</sup>	g	2.593	--	--
Lysine <sup>1</sup>	g	2.266	--	--
Methionine <sup>1</sup>	g	0.905	--	--
Cystine <sup>1</sup>	g	0.347	--	--
Phenylalanine <sup>1</sup>	g	1.251	--	--
Tyrosine <sup>1</sup>	g	1.093	--	--
Valine <sup>1</sup>	g	1.454	--	--
Arginine <sup>1</sup>	g	1.929	--	--
Histidine <sup>1</sup>	g	1.068	--	--
Alanine <sup>1</sup>	g	1.831	--	--
Aspartic acid <sup>1</sup>	g	2.839	--	--
Glutamic acid <sup>1</sup>	g	4.645	--	--
Glycine <sup>1</sup>	g	1.371	--	--
Proline <sup>1</sup>	g	1.224	--	--
Serine <sup>1</sup>	g	1.332	--	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
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**Other**

**Sources of Data**

<sup>1</sup>*Nutrient Data Laboratory, ARS, USDA AIAN NFNAP Shoshone-Bannock, Fort Hall, Idaho, 2003 Beltsville MD*